

EPSTEIN-BARR AND POST-VIRAL FATIGUE SYNDROME RELIEVED WITH HEMI-SYNC®

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Jill is a remedial therapist in private practice in Cambridge, England. Ronald Russell is a lecturer and author. The Russells offer courses using Hemi-Sync extensively, through their Cambridge center in addition to serving private clients. The Russells have been associated with the Professional Division since 1987 [ed.: also see BREAKTHROUGH 1989, Volume VII, No. 4, "Hemi-Sync Workshop Development and Presentation"]. This account of two clients' management of Epstein-Barr and Post-Viral Fatigue Syndrome symptoms represents the first written reporting on the use of Hemi-Sync with these diagnoses.

Two female clients came to see us, quite independently, early in 1989. One client, 26, worked as a finance adviser; the other, 21, is an art student. Following different illnesses, both had been unable to work for several months and one was forced to postpone the final year of her degree course. Also, both had been recently diagnosed as suffering from myalgic encephalomyelitis (ME; known also as Epstein-Barr Syndrome) although the term "post-viral fatigue syndrome" had also been used by their doctors.

On the first visit, both clients seemed debilitated; they complained of tiredness, muscle fatigue after exercise of any sort, inability to concentrate, and general depression, all classic symptoms of ME. Despite the depression, they had refused tranquilizing or antidepressant drugs. They were clearly very unhappy, had lost their confidence, and saw little prospect of recovery.

We felt that the HUMAN PLUS series, then only recently launched, might help them to handle the symptoms of their illness and to direct the body's own healing powers. After two individual sessions, we arranged to see them together. They soon became close friends, giving each other valuable support.

We began by offering the H-PLUS® tapes *Prep* and *Relax*. Their comments were: "This is the most relaxed I've felt for years. Unlike drugs it can only do me good." Next we introduced *Reset*, *Restorative Sleep*, *De-Tox: Body*, *Immunizing*, *Let Go*, and *Tune-Up*. We suggested that they also choose their own tapes from our comprehensive tape library. We introduced them to the first three tapes in the Discovery album from the GATEWAY EXPERIENCE® home course. Later they joined our "Renewal & Development" programme, an eight-session weekly course using exercises in Focus 10 and 12.

Both clients reported on their experiences with the tapes. The 26-year-old female uses ten H-PLUS Functions daily: *Restorative Sleep, Circulation, Tune-Up, De-Tox: Body, Off- Loading, De-Hab, Relax, Heart: Repairs & Maintenance, Brain: Repairs & Maintenance, Lungs: Repairs & Maintenance*, and others when needed. She has developed her own Function Command. “Energy . . . Heal,” which she uses several times a day. She found *Empathizing* useful and thought it achieved an understanding with her hospital doctor. “We were communicating beyond the spoken word,” she says. She also found the Discovery tapes very helpful in giving her security and confidence.

“The tapes provide a safe environment in which to get to know myself,” she said. “I’m feeling in control again after a period of feeling controlled by illness and doctors. H-PLUS gives me freedom and encouragement to recognize my own needs and to use the appropriate tapes as a solution in the form of a command... The more you use the commands the more they will work... The more I use the tapes the more I see that everyone could benefit in some way. Like me, those who do not admit it, even to themselves, are the ones who need it most. I have learned to ask for what I want and not to feel guilty about getting it. I feel stronger and happier with myself.”

The 21-year-old female commented on tapes which she found especially helpful:

Eight-Great—good for confidence;

Energy Walk;

Light Foot—I imagine myself running—it did seem to lighten my step too;

Brain: Repairs & Maintenance—Way good for sharpening up my brain functions... it feels like I’m thinking more clearly and efficiently . . . It’s enough to remind me how my brain used to feel and to know that sometime it will go back to being like this again;

Empathizing—useful for trying to understand how difficult it is for other people to cope with my illness, as well as myself; and *Recharge*.

She added: “Discovery 1, 2, and 3 are brilliant for confidence and to [help you] feel like you can achieve things. It’s like a balance is really being found inside my mind. I guess it’s putting things in proportion; important, because it’s sometimes hard to live in the real world when you are isolated and living a life very different to the one you were used t... I’m very pleased with the help the tapes have given me. I’m much more in control and feel less tense and more confident... It’s like relearning the things you knew as a child—and makes me feel like I’m doing things for myself—great for confidence again! It’s marvelous to feel my mind isn’t just a soggy lump of cotton wool, which it used to feel like.”

While neither client is completely “cured,” both have gone a very long way to being able to cope effectively with their symptoms. The 26-year-old has resigned from her job and is seeking a new career; she is soon to begin a course in remedial massage. The 21-year-old is working on her thesis, has contributed cartoons to a book, and is due to return to college shortly to complete her coursework. Each has taken time to listen to all the H-PLUS tapes and has joined the ME society so that they can help and advise others who suffer from this distressing complaint.

Both women still have days when they become extremely fatigued and need periods of rest, but mentally they are now attuned to handling these symptoms and they soon recover from them. It is worth noting that they both worked intensively with the tapes, never despairing when a Function did not immediately click into place, but persisting and seeking alternatives. They have learnt much from their experience over the past nine months—but possibly we have learnt even more. And that is not just about the effectiveness of Hemi-Sync and the flexibility of the H-PLUS programme, but also about the determination and resourcefulness of the human spirit.

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